

Staying Motivated

Now that you are active, try these tips to stay motivated:

- Create a 10-minute morning stretching, strengthening, or walking routine before breakfast.
- People who exercise first thing in the morning are more likely to stick with it.
- Find a walking partner or start a small group to walk with. You will be less likely to skip it if you know someone is waiting for you.
- Make a personal or family commitment to try a fun new activity each season.
- Try entering a community “fun run” or walk.
- Join a community recreational sports program, or try a yoga or aerobics class at a local community center.

Try new walking routes

- Get a community walking map and set a goal to try all of the routes.
- If you walk with a partner, take turns choosing the route each day.

Set yourself up on a reward system

- Each time you reach a goal, reward yourself.
- Do something that supports your efforts like getting a new exercise video or walking gear.
- Reward yourself with something relaxing like a massage or long bath.